

Psychodrama Jump In

Online experience of
psychodrama methods & coaching applications



Jan 25-26, 2025
3.30-7.30 pm

What is Psychodrama?

One can describe Psychodrama as a kind of laboratory for the exploration of psychosocial problems, but instead of physical equipment, the devices of role-play and one's own behavior are vehicles for experiments.

Neuroscience is validating what Psychodramatists have intuitively understood – that action methods, psychodrama, role play and experiential exercises reach deep into the weave of the brain and the body to transform consciousness.

The multi-sensory aspects of the method are friendly to the brain, and create safe experiences for your clients which alter neurobiology and make lasting changes in their lives.

As Zerka Moreno said, Psychodrama allows our experience to 'be first concretized and then reflected upon after it can be experienced'.

These exceptional interventions will enable you to help your clients make unconscious preferences conscious.



Who is it for?

This is for:

Coaches, Trainers, Facilitators, People Enablers,
Leadership Development professionals, Business leaders,
And those on a journey of self-awareness/discovery.

Psychodrama provides insights into the psyche leading to personal and spiritual growth;
as well as applications in training, facilitation and coaching.

Psychodrama is a postgraduate study suitable for degree holders in Medicine,
Psychology, MBA, and similar fields. Our 90 long term participants come from India,
Germany, Finland, Quwait, Qatar, Iran, Dubai, Abu Dhabi and China.



What is the scope of learning?

WE will practice Psychodrama tools, techniques and concepts you will learn:

Sociometry

How can you use it to warm up the group? And also 'scan' the group demographic and emotional profile.

Social Atom

A sociometric pencil and paper exercise which involves making a diagram of significant relationships in a person's life.

Role Theory

Moreno looked at development in terms of roles a person plays at a moment in time; and how interventions can change/expand roles for their benefit.

The process of repairing some roles, adding new ones and allowing others to move from the foreground to the background is part of the healing process in role-play.



Role-play Techniques

Role Reversal, Role Interview, Doubling, Mirroring.

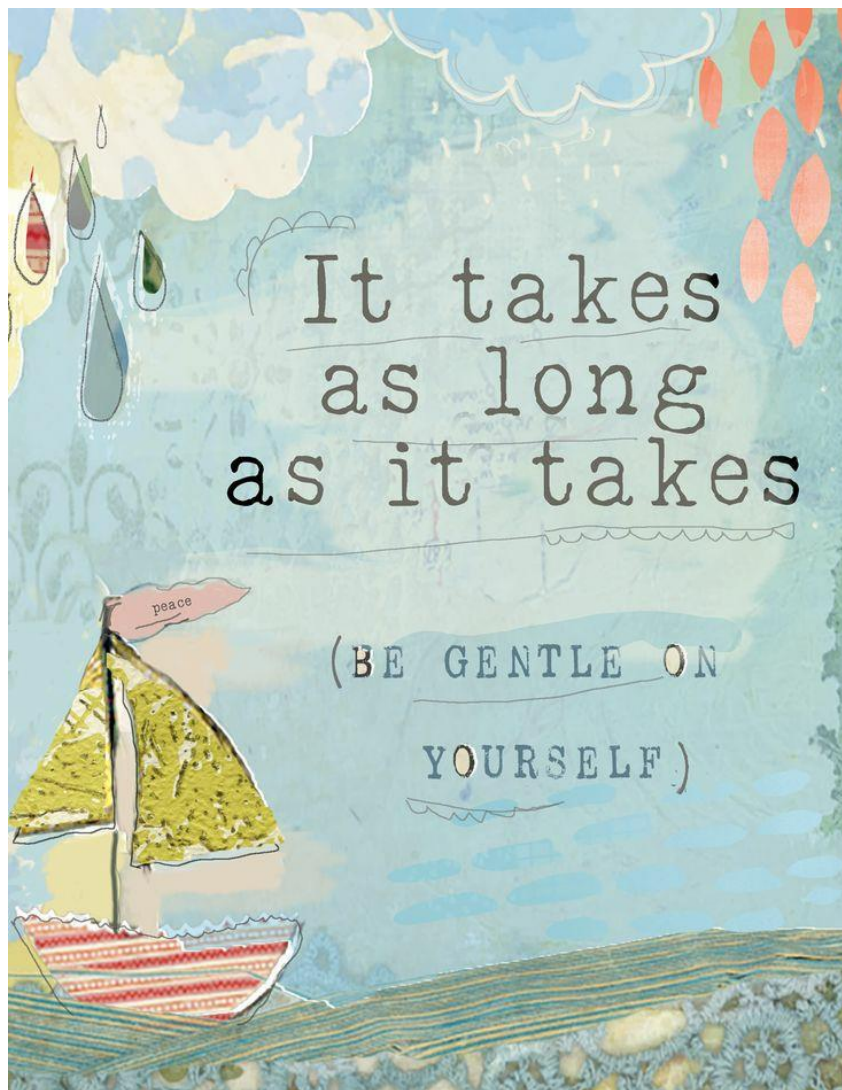
Empty Chair

When the client is able to talk TO the other (boss, colleague, etc.) in the empty chair, instead of talking ABOUT her problems, it enables and entering and rooting in the here-and-now moment.

It also allows for the client to role reverse with the other's perspective by changing chairs if appropriate.

Sculpture

The client is invited to express an emotion or 'stuckness' as a kind of "sculpture" with a sound; and then to change it into a desired state. This action movement brings an experience of change.



Details

Dates: January 25-26, Sat-Sun, 2025

Timings: 3.30–7.30 pm

At: online, zoom platform

Trainer: Rashmi Datt

Certification : Upon full participation, Vedadrama will issue a certificate on: 'Introduction to Psychodrama'.

Program Fee:

Rs.12,000+GST=Rs.14,160/-

Early Bird Offer :

10,800+GST=Rs.12,744/-

If paid before December 20th 2024

For Registration:

Contact: Nidhi Sekhar

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Lead Trainer

Rashmi Datt

Rashmi is a Performance & Presence coach who works with individuals and teams in helping them become the best they can be.

In 3 decades of industry experience in OD, learning and development, she has worked with over 40 organizations and their leadership teams to empower them in finding alignment and synergy in their functioning. This resulted in to employee engagement, productivity, fulfillment—with goal achievement being a natural outcome.


She is an (ICF) certified coach, and PAT in Psychodrama.

She has authored two books:

- “Managing Your Boss”, which was translated into Mandarin and Bahasa, Indonesia
- “And the Lion Smiled at the Rabbit - Manage Emotions to Win”

Rashmi is also Leadership Development Advisor for IIT Gandhinagar.



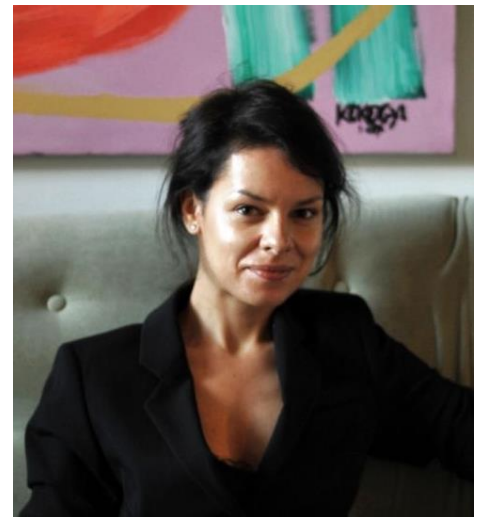
 [@rashmidatt](#)

What some of our PCP* graduates are saying

I never pursued coaching in the past because I felt the approach was too prescriptive: checklists, smart questions, focus on the outcome no matter what.

Karina Uffert, CEO,
European Chamber of
Commerce in Myanmar

With psychodrama, it is different. It does not even feel like a coaching session - we roleplay, use objects, wear masks, and use many creative methods. Very often, classes with Rashmi are the highlights of my week. I have never been so in touch with myself before, recognizing the triggers and adjusting my reaction to various situations. "



"This course has truly supported me, giving me more tools to choose as a coach. I've become braver and more spontaneous working my clients. Rashmi created a safe space, allowing us to experiment, practice, make mistakes, share, learn and grow."

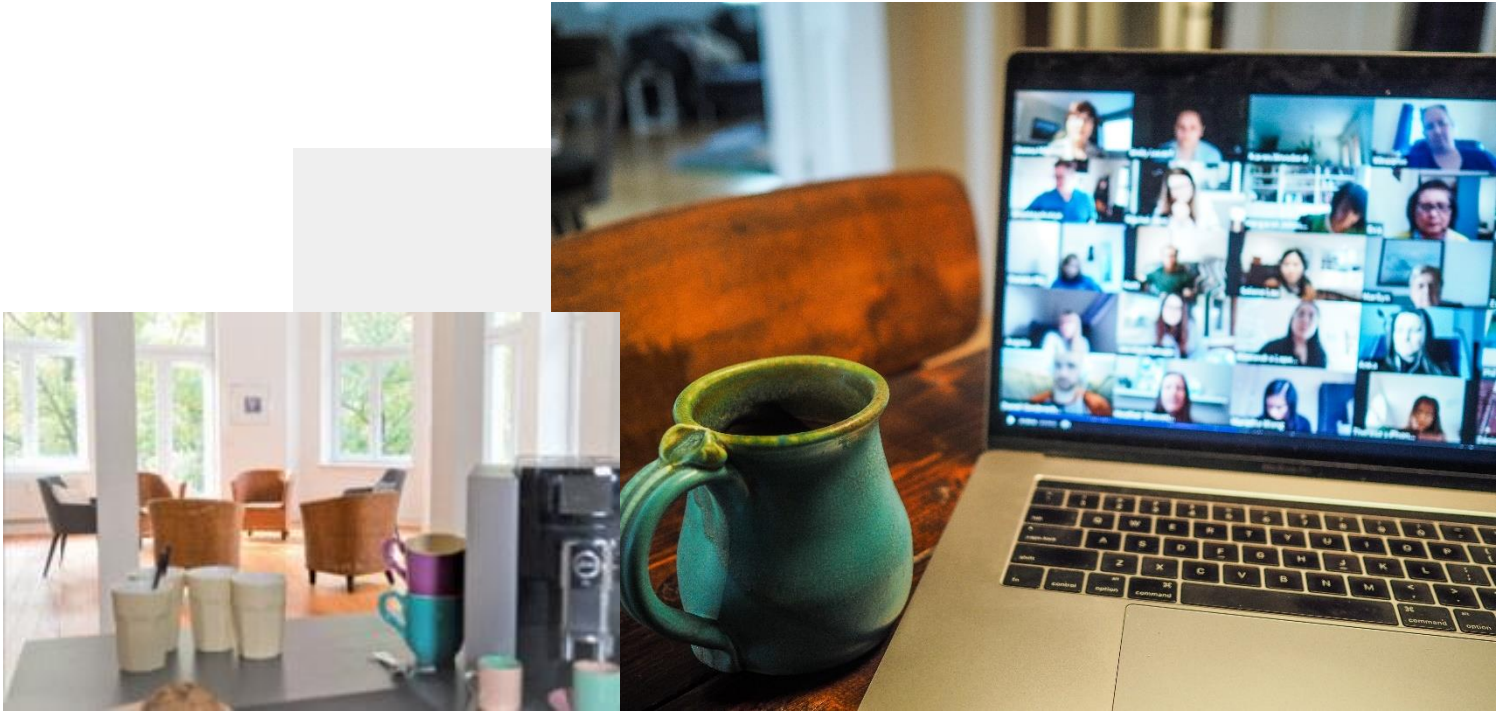
Reem Al-Khater,
Process Improvement
Manager in Public Transport,
Doha, Qatar

Rashmi's management of the program and people has allowed me to really look inside myself, challenge and just be honest with myself. Her questions are curious and the angles she approaches from are so gentle, yet very effective.

My experience in the group has really opened my eyes to the endless possibilities to the benefits and uses of psychodrama. I highly recommend this program to every coach who wants to improve."



*Psychodrama Coach Practitioner



www.vedadrama.com

Vedadrama in Europe via:

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